Good News For Homemakers

There's more to bread than yeast

By SHIRLEY W. WALTON
Extension Agent

(NOTE: This is Part II of a two-part article on Bread Making.)

Last week two of the necessary ingredients for bread making were discussed: Yeast and flours. This article will feature liquids, sugar, salt, fats and special ingredients.

LIQUIDS

Liquids in bread always include at least one cup warm water dissolving the yeast. The temperature here is critical. If the water is too cool, the yeast action will be sluggish. If it is too hot, it will destroy the yeast and the dough will fail to rise. For active dry yeast, the water should be about 110 degrees, noticeably warm but not too hot. For compressed yeast, it should be about 95 degrees, close to skin temperature. Test with a candy thermometer until you recognize the right warmth by feel and touch.

Besides water, various other liquids are often mixed into the bread, each imparting a distinctive flavor and texture. Milk also warmed to 95 degrees or 110 degrees creates a velvety grain in the texture of the bread. Eggs at room temperature, beaten and used as a part of the liquid, tend to enhance the richness of a loaf of bread and increase the tenderness and help the bread have a slightly golden tone. Both milk and eggs, of course, also enrich the bread with added nutrients. Occasionally, fruit juice is used in bread to give it a special flavor. Bread made entirely with water, such as French bread, is distictively coarse textured, chewy and crusty.

SUGAR

This ingredient provided food for the yeast so it can grow, while salt slows down the action of yeast, keeping the dough on just the right leavening schedule for good texture and flavor. Besides their purely chemical role, both salt and sugar are essential for good tast. Also, the sugar in the bread helps to brown the crust.

Like liquids, different sweeteners create different flavors. Granulated sugar is commonly used in white bread. Brown sugar, honey and molasses are often used in dark breads to bring out their more robust flavor. As you experiment substituting honey or molasses for granular sugar, reduce the other liquids in the receipe by an equal amount.

FATS

Fats make bread tender, moist and patable. Salad oil is convenient to use because in most recipes, the fat is added in liquid form. However, many bakers prefer to use melted butter or margarine because they contribute such rich flavor. For soft shiny crusts, brush loaves with butter as soon as you take them from the oven.

SPECIAL INGREDIENTS

Some of these include herbs, spices, cheese, dried fruits and nuts. These offer a bread baked a wide variety for experimentation and creativity. They aren't essential to the basic creation, but they can add exciting additions for special flavors and there is usually no need to adjust the proportions of ingredients.

If you have a homemaking question or problem, you may call 352-8244 or write P.O. Box 488, Appomattox, VA 24522. I wish to share a special springtime "Hint of the Week" which was shared with us by Janet Noble. Many thanks, Janet!

WINDOW & GLASS CLEANER

1 oz. rubbing alcohol
2 oz. sudsy ammonia
5 oz. water

If you wish, a few drops of blue food coloring may be added.

RECIPE OF THE WEEK
SALLY LUNN

1 cup milk
1/2 cup shortening
4 cups softened all purpose flour, divided
1/3 cup sugar
2 teaspoons salt
2 packages active dry yeast
3 eggs

Preheat oven at 350° F. 10 minutes before Sally Lunn is ready to be baked.

--Grease a 10-inch tube cake pan or bundt pan.

--Heat the milk, shortening and 1/4 cup water until very warm--about 120° F. Shortening does not need to melt.

--Blend 1-1/3 cups flour, the sugar and dry yeast in a large mixing bowl.

--Blend warm liquids into flour mixture. Beat with an electric mixer at medium speed about 2 mintutes, scraping the sides of the bowl occasionally.

--Gradually add 2/3 cup of remaining flour and the eggs and beat at high speed for 2 minutes.

--Add the ramaining flour and mix well. Batter will be thick, but stiff.

--Cover and let rise in a warm, draft-free place (about 80° F.) until double in bulk-about 1 hour and 15 minutes.

--Beat dough down with a spatula or at lowest speed on an electric mixer and turn into prepared pan.

--Cover and let rise in a warm, draft-free place until increased in bulk one-third to one-half--about 30 minutes.

--Bake 40 to 50 minutes at 350° F.

--Run knife around the center and outer edges of the bread and turn onto a plate to cool.

NEWLY INSTALLED OFFICERS of the Concord Young Homemakers Club include (from left) Mrs. Maureen Shupe, president; Mrs. Mary Jo Booth, vice president; Mrs. Pat Lewis, secretary; Mrs. Dale Hampton, reporter; and Mrs. Frances Horning, treasurer.

From Concord club

Group attends convention

Eight members of the Concord Chapter of Young Homemakers attended the State Convention of the Young Homemakers of Virginia Jan. 27 and 28 at the Omni Hotel in Norfolk. Mrs. Barbara Jordan and Mrs. Dale Hampton were Concord's voting delegates.

At the Feb. 6 meeting, Mr. B.S. "Sam" Baker of Norfolk-Southern Railroad presented an educational program that was open to the public on railroad crossing safety.

Installation of officers was held at the Feb. 6 meeting. The new officers for 1984 are Mrs. Maureen Shupe, president; Mrs. Mary Jo Booth, vice-president; Mrs. Pat Lewis, secretary; Mrs. Frances Horning, treasurer; Mrs. Colena Roberts, historian, and Mrs. Dale Hampton, reporter.

On Feb. 24, the Executive Officers held a planning workshop for the program for 1984.

Dr. William N. Riley, D.D.S., gave a program on fluoride and dental care at the March 5 meeting in the home of Mrs. Mary Jo Booth.

The April 2 meeting will be held at the home of Mrs. Dale Hampton at 7:30 p.m.

ASCS Today

By TOM CONRAD

CONSERVATION GAINS THROUGH PIK PROGRAMS - Farmers who took part in the 1983 payment-in-kind programs reduced soil erosion by more than 20 percent on cropland taken out of production.

A Preliminary report on conservation benefits of PIK and acreage reduction programs, indicated soil erosion an estimated 79 million diverted acres was lowered from an average of 7.4 tons to 5.8 tons per acre per year.

That adds up to 121 million tons of soil that stayed on the land. While the chief goal of the PIK programs was to bring down production, other goals included reducing erosion on idle acres, improving wildlife habitat and conserving water.

The report, based on data from a sample of 4,300 farms in 227 counties, shows that about 35 percent of the diverted land provided suitable cover for wildlife. About 13 million acre-feet of water that would have been used to irrigate 8 million acres of cropland also were saved by the conservation use acreage programs.

A more detailed report expected later this year will show other major achievements in conservation.

Copies of the preliminary report are available from USDA'S Agricultural Stabilization and Conservation Service, Room 4714-S, P.O. Box 2415, Washington D.C. 20013, or by calling (202) 447-6221.

LOCAL AGENTS NOW OFFERING INSURANCE ON SIX LOCAL CROPS - Insurance policies that guarantee up to three-fourths of a normal yield are now being offered in Appomattox County by a number of local agents and companies. The policies are backed by the federal government which also pays as much as a 30 percent of the premium cost.

Crops for which insurance is available are wheat, barley, grain sorghum, corn, tobacco, and soybeans. Producers can elect policies which guarantee either 50 percent, 65 percent or 75 percent of an average yield. They can also select the amount of the per bushel indemnity they want to be paid in the event their actual yield is less than guaranteed.

Terry Phelps elected to chair board

Terry M. Phelps

Terry M. Phelps, formerly of Appomattox, has been elected chairman of the board of directors of the Virginia Petroleum Jobbers Association.

This organization represents 255 petroleum and related industries in Virginia.

Phelps is president of Whiting Oil Company, Inc., and Stop In Food Stores, Inc., both based in Roanoke.

Local farm joins program

Kyanite Farms, Gene Dixon, Jr., president, located in Pamplin, Angus cattle breeder, recently enrolled his herd in the Angus Herd Improvement Records program of the American Angus Association, reports Dick Spader, executive vice-president of the national organization with headquarters in St. Joseph, Missouri.

Angus Herd Improvement Records (AHIR) is a comprehensive within-herd evaluation program used by cattlemen to help them keep records of reproduction, and growth rate on individual aniamals. Each year hundreds of Angus breeders use AHIR records to produce more profitable, efficient Angus seedstock.

By weighing calves at 205 days of age and again at a year of age, breeders not only identify the cattle that grow the fastest and most efficiently, they also identify cows that regularly produce above average calves, and bulls that sire outstanding calves.

The American Angus Association in 1957 was the first beef breed organization to offer its members a production records program. Since that date the AHIR program has grown to the point that breeders report more than 125,000 weaning and yearling weights each year. This mountain of information is processed and stored in the Associations' modern computerized data processing systems.

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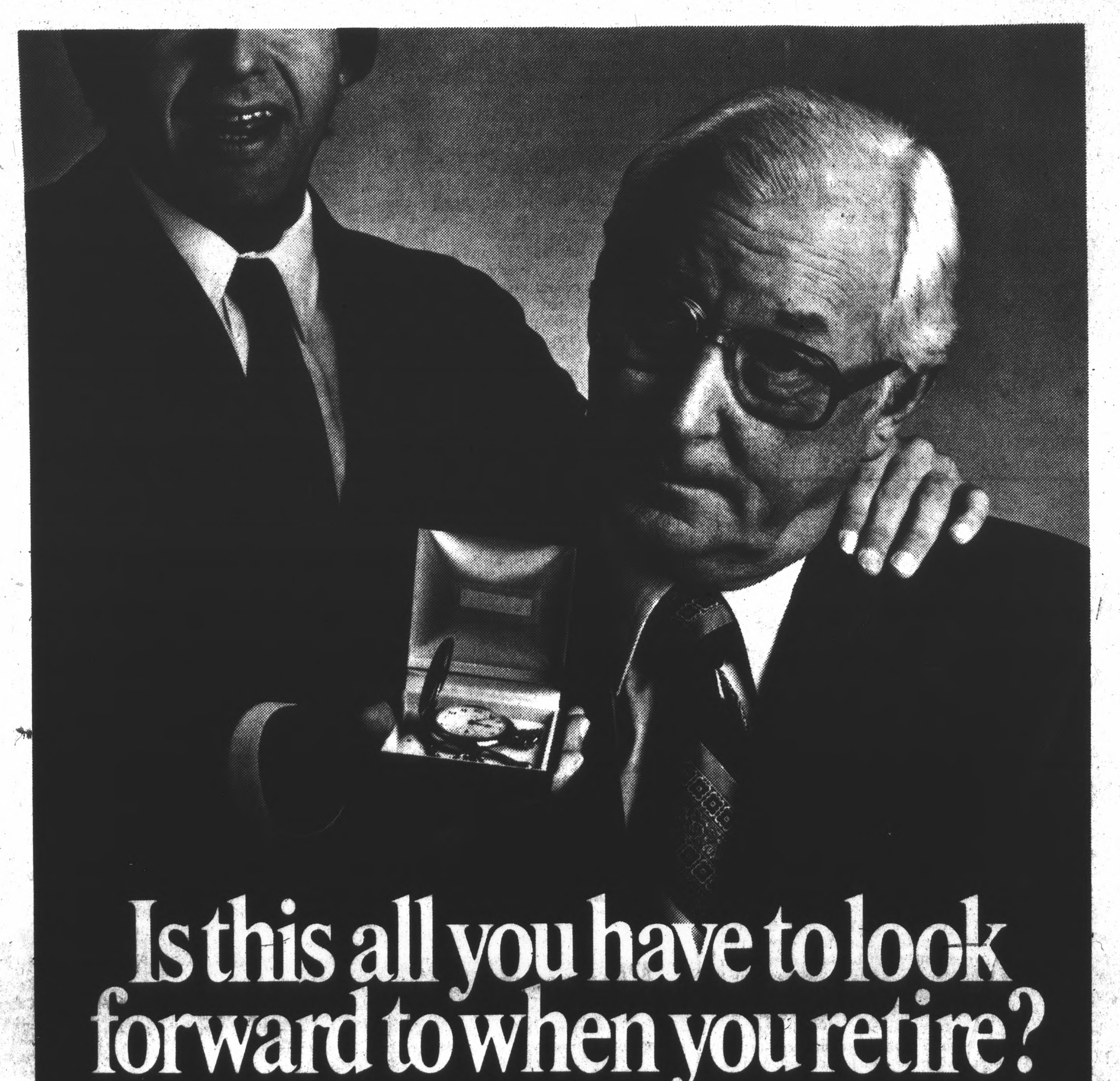

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Deadline for opening an IRA plan for 1983 is April 15, 1984.

Middle School Menu

March 22 - Pizza, tossed salad, applesauce, cookie and milk.

March 23 - Pig-in-a-blanket, black eyed peas, tomatoes, milk

March 26 - Hot dog, french fries, beans, cookie and milk.

March 27 - meat loaf, string beans and potatoes, cookie, hot roll and milk.

March 28 - Chili Beans, slaw, applesauce, cookie, hot roll and milk.

March 29 - Chicken, whipped potatoes, peas, hot roll and milk.

March 30 - Peanut Butter sandwich, baked beans, pudding, potato chips and milk.

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Representative

Thank you for standing by us when we were down. The severe ice storm that swept through this area on Tuesday, March 13, left many of our customers without electricity for an extended period.

Our crews, including workers from ten other VEPCO Districts worked long hours under severe conditions to restore service.

We regret any inconvenience the ice storm may have caused, and we wish to express our thanks for your patience and understanding during this trying period.

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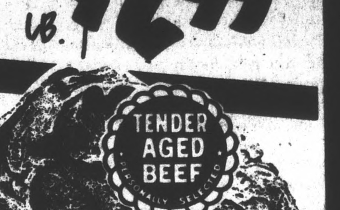

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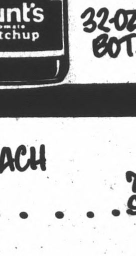

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